

Consumer Product Safety Alert

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

Prevent Injuries to Children From Exercise Equipment

The U.S. Consumer Product Safety Commission (CPSC) estimates that each year about 8,700 children under 5 years of age are injured with exercise equipment. There are an additional 16,500 injuries per year to children ages 5 to 14. Types of equipment identified in these cases include stationary bicycles, treadmills, and stair climbers. Fractures and even amputations were reported in about 20 percent of exercise equipment related injuries.

The CPSC is concerned about the severity of injuries to children, especially because the hazard may not be obvious. Therefore, the CPSC warns parents always to keep children away from exercise equipment. Never use a bike without a chain guard, and when not using the equipment, store it or lock it so children cannot get to it.

⚠ WARNING

Children's fingers can be amputated if they touch moving parts of exercise equipment.

Keep children away from exercise equipment.

